PREWETT'S OLD ENGLISH MILLSTONE FLOUR AND WHOLEMEAL

SELECTED RECIPES FOR

Prewett's

Old English

STONEGROUND SPECIALITY FLOURS & MEALS

(Plain and Self-Raising)

Ground by the real old-fashioned Millstone Process which retains the Germ and Vitamins of the Wheat

W. PREWETT LTD.

Stone Flour Mills, Horsham, Sussex

'PHONE HORSHAM 3208-9

Price 3d.

STONEGROUND FLOURS & MEALS

A FLOUR FOR EVERY NEED

Packed in 1, 3, 6, 12 and 24 lb. Bags.

Prewett's make three grades of guaranteed stone ground products, each of which has its special uses.

"MILLSTONE FLOUR 81%"—An almost white flour, but by means of Prewett's millstone process retaining the germ and vitamins of the wheat. For all cooking purposes where white flour is normally used.

"FINE WHEATMEAL 95%"—A fine textured brown meal, containing the germ and vitamins and the finer particles of bran as well. Excellent for brown bread, scones, pastries and certain cakes.
"WHOLEMEAL 100%"—As above, but containing the whole of the wheat, including the coarse bran; for those who prefer more roughage. An old-fashioned wholemeal containing 100% of the wheat.

All the above are obtainable either PLAIN or SELF-RAISING, bearing our Millstone Trade Mark.

All the above mentioned Flours and Meals are also milled from the finest ORGANICALLY GROWN WHEATS. These meals are listed under "COMPOST" to distinguish them from those milled from ENGLISH AND IMPORTED WHEATS grown under different conditions.

ENRICHED WHOLEMEAL 100%

COMPOST OR NON-COMPOST

For those who require a greater intake of vitamins B1, B2 & E. These meals are our Standard Wholemeal 100% & Wholemeal 100% Compost to which has been added a high percentage of natural Wheat Germ (unprocessed). No alterations to the recipes in this booklet need be made when using either of these meals.

NOTE.—When using COMPOST FLOURS slightly less water will be needed than quantities stated.

22 5008 8977 7
QT 235 193* P945

BREADS

FARMHOUSE BREAD

3 lb. PREWETT'S Millstone 81% Plain Flour.
1 oz. Yeast. (A pinch of sugar). Or ¼ oz. Prewett's Dessicated Yeast.
1 oz. Melted Fat (Lard).
¾ oz. Salt.
1½ Pints of Water. (Milk in place of some of the water will improve the bread).

METHOD:—Place the fat in a tin on the stove to melt, the flour in a mixing bowl, and the yeast and salt each in a separate breakfast-cup.

Take the 1½ pints of water at just over blood-heat so that it feels comfortably hot to your hand. Pour some of this water over the salt and yeast in their respective cups and stir each with your finger until you can feel no more lumps. Now pour both, together with the remainder of the water, into a hole in the flour and mix all together for a few moments, then add the melted fat, and work the whole to a smooth dough.

This must be covered with a cloth and placed in the warm by the stove. It is left to rise for 1 hour and then given a short kneading until it is firm, clear dough as at first. Leave it again for 1 hour, knead again, and after leaving a further half-hour give the dough a final kneading and immediately divide it into loaves of the size required.

Mould the loaves under your hand to the right shape and place them in warm and slightly greased tins. Cover with a cloth and place the tins near the stove for the loaves to rise.

When fully risen (about 30-40 minutes), carefully set the tins in a REALLY HOT OVEN and bake for half an hour or more, according to the size of the loaves. Turn the loaves out of the tins immediately they leave the oven.

"THE GRANT LOAF"

(With grateful acknowledgments to Dear Housewives, by Doris Grant, printed by Faber & Faber).

3 lbs. of PREWETT'S Wholemeal 100% Plain Flour.
2 pints of lukewarm water.
4 teaspoonfuls of salt (preferably table sea-salt).
2 - 3 teaspoonfuls of sugar.
(Preferably Barbados Muscovado Cane-Sugar).
1 oz. Yeast or ¼ oz. PREWETT'S Dessicated Yeast.

METHOD:—Mix salt and flour in large basin and warm on top of oven or over low gas flame. Crumble yeast into small basin, add sugar and ¼ pint of lukewarm water. Leave yeast for 10 mins. to froth up. Grease three 2 pint tins with dripping from roast (not bought lard or fat) and warm them. Add Yeast with remainder of lukewarm water to flour and mix thoroughly by hand till the flour is evenly wetted. The dough should be wet enough to be slippery. Divide the dough into 3 tins and put in warm place covered with cloth. Leave to rise for about 20 mins. Bake for 45 mins. to 1 hour in moderate oven (400 F. or No. 5 Regulo oven. No. E in Mainstat).

MALT BROWN BREAD

2 lb. PREWETT'S Wholemeal 100% Plain Flour.
1 lb. Millstone Flour.
1 oz. Yeast. (A pinch of sugar), or ½ oz. PREWETT'S Dessicated Yeast.
2 oz. Malt Extract.
¾ oz. Salt.
1½ Pints of Water.

METHOD:—Mix as for Farmhouse Bread, placing the malt extract in the cup with the yeast. This makes a softer dough which may require "Dusting" with dry wholemeal before it can be handled.

It will be sufficient if you leave this dough in the warm to rise for 1 hour, knead and leave for a further half-hour before giving it a final kneading and dividing into loaves. It will take about 25 minutes to rise in the tins.

WHOLEMEAL BREAD

3 lb. PREWETT'S Wholemeal 100% Plain Flour.
1 oz. Yeast. (A pinch of sugar), or ½ oz. PREWETT'S Dessicated Yeast.
¾ oz. Salt.
1½ Pints of Water (or rather more).

METHOD:—The method is exactly as for Malted Brown Bread above.

WHOLEMEAL & RAISIN BREAD

1 lb. PREWETT'S Wholemeal 100% Plain Flour.
¾ lb. ,, Millstone 81% Plain Flour.
2 Teaspoonsful of Salt.
1 oz. Butter.
¾ oz. Yeast—A little Sugar or ½ oz. PREWETT'S Dessicated Yeast.
2 Gills of Water.
1 Gill of Milk.
½ lb. Seedless Raisins.

METHOD:—Put the Wholemeal, flour and salt into a basin, rub in the butter and leave a well in the centre. Cream the yeast and sugar in a smaller basin, pour in the milk and water (heated together until warm) and strain this into the centre of the dry ingredients.

Make a sponge by mixing a little of the dry meal into the liquid, cover and set in a warm place to rise. When bubbles appear on the surface of the sponge, work all into a soft dough, using more warm water if necessary, and add the raisins. Put the dough into a greased and floured bread tin, and set in a warm place until well risen. Bake in a quick oven to begin with, then reduce the heat until the bread is cooked—from 1 to 1¼ hours.

P.S.—The Millstone flour may be omitted, using 1¾ lbs. Wholemeal if preferred.

YEASTLESS BREAD

(Using PREWETT'S Scone Mix)

1½ lb. PREWETT'S Scone Mix.
¾ Pint milk and Water.
½ Teaspoon Salt.

METHOD:—Heat oven. Mix ingredients well and turn out on table. The dough will be slack, but there will be no difficulty in moulding into the required shape. Mould round, domed shape and score the top of dough into two or four portions.

RYE BREAD

1 lb. PREWETT'S Rye Meal.
1 Large Cup of Milk.
½ Teaspoon Salt.
¼ oz. Baker's Yeast.

METHOD:—Take small quantity of milk, warm and dissolve yeast. Add a little flour and leave to rise. Add other ingredients and leave to rise again. Bake for approximately 2 hours in a moderate oven.

BROWN ROLLS WITH RAISINS

6 ozs. PREWETT'S Wholemeal 100% Self-Raising.
½ Teaspoonful of Salt.
1 oz. Butter.
2-3 ozs. Seedless Raisins.
Sour milk or butter-milk.

METHOD:—Mix all the dry ingredients in a basin and rub in the butter with tips of fingers. Stir in the raisins and leave a well in the centre. Then add enough milk so as to form a softish dough. Form quickly into small rolls, place these on a greased and floured tin and bake in a good oven about 15 minutes.

Serve hot or cold.

PLAIN SCONES

½ lb. PREWETT'S Millstone 81% Flour, Self Raising or Fine Wheatmeal 95% Self-Raising.
½ Teaspoonful of Salt.
1 oz. Butter or Margarine.
1 oz. Sugar.
¼ Pint Milk (approx).

METHOD:—Mix the dry ingredients very thoroughly; rub in the fat and mix to a light dough with the milk. Roll out half an inch thick; cut with a scone cutter, and bake in a hot oven for 15-20 minutes.

TEA SCONES

(Using PREWETT'S Scone Mix)

½ lb. PREWETT'S Scone Mix.
½ Teaspoon Salt.
1½ ozs. Fat.
About 1 Gill Milk.

METHOD:—Mix the dry ingredients and rub in fat, add milk and mix together. Divide into two and roll each into rounds. Score tops of rounds into four. Bake on browning sheet or baking tin; in moderate oven, Regulo 5, 375°. If an egg is used reduce quantity of milk.

OATMEAL POTATO SCONES

1 lb. Mashed Potatoes.
4 ozs. PREWETT'S Oatmeal.
1 oz. Margarine.
Salt to taste.

METHOD:—Mix potatoes, margarine and salt. Add as much oatmeal as is necessary to make a thick paste. Roll out thinly, less than ¼in. Cut into rounds and prick. Place on hot frying pan or girdle and cook for about two minutes.

PREWETT'S STONEGROUND OATMEAL is milled either:
Coarse, Medium or Fine.

The grade of oatmeal you use is a matter of choice, but whichever it is you will find it completely satisfactory for all recipes given in this booklet.

QUEEN CAKES

4 ozs. PREWETT'S Millstone 81% Plain.
2 Eggs.
4 ozs. Sugar.
4 ozs. Butter.
2 ozs. Currants.
½ oz. Finely chopped Peel.
A little Milk.

METHOD:—Beat the butter and sugar together until white and creamy. Add one egg and a little flour; beat well. Repeat with the second egg. Stir in the remaining flour and fruit, adding a little milk if necessary to bring the mixture to a soft dropping consistency and bake in a quick oven for about 20 minutes.

DATE CAKE

¾ lb. PREWETT'S Fine Wheatmeal 95% Self-Raising.
½ lb. Sugar.
½ lb. Butter.
½ lb. Dates.
¼ lb. Candied Peel.
3 Eggs.
Milk to Mix.

METHOD:—Cream the fat and sugar, add the eggs one at a time, together with a tablespoonful of flour, beating well after each addition. Add the remaining flour, and beat thoroughly, adding milk if required, to give a soft consistency. Stir in the shredded peel and chopped, stoned dates. Put the mixture in a lined, greased tin and bake at 375°F. for 1½ hours.

MADEIRA CAKE

6 ozs. PREWETT'S Millstone 81% Self-Raising Flour.
4 ozs. Butter.
5 ozs. Sugar.
2 Eggs.
Pinch Salt.
Peel.

METHOD:—Beat the butter and sugar until soft and white, beat in one egg and a little flour, repeat with the second egg. Stir in the remaining flour, and salt, adding a little milk if needed, to bring to a soft consistency. Put the mixture into a greased, lined tin. Bake in a moderately hot oven, and at the end of twenty minutes baking lay two thin strips of peel on the top of the cake. Continue cooking until well risen and firm.

SPONGE CAKE

3 ozs. PREWETT'S Millstone 81% Plain Flour or
Fine Wheatmeal 95% Plain Flour.
3 Eggs.
3 ozs. Castor Sugar.
Pinch of Salt.

METHOD:—Prepare a Sponge Cake Tin by greasing it evenly with melted lard, and dusting with a mixture of equal parts of ground rice and castor sugar.

Whisk the eggs and sugar over hot water until creamy and thick. Fold in the flour and salt lightly. Pour the mixture into the prepared tin and bake in a moderate oven until pale brown and firm.

CHRISTMAS CAKE

8 oz. PREWETT'S Wholemeal 100% Self-Raising Flour.
5 oz. Brown Sugar.
5 oz. Margarine.
2 oz. Peel.
1½ oz. Cherries. 12 oz. Currants. 8 oz. Sultanas.
3 Eggs (=6 oz.).
2 oz. Milk.

METHOD:—Cream Brown Sugar and Margarine together, slowly add the eggs (well beaten). Add peel, cherries, currants, and sultanas. Blend in flour with milk. Bake in a slow oven for approx. 3 hours.

ALMOND BUNS

6 ozs. PREWETT'S 81% S.R. Flour.
3 ozs. Butter or Margarine.
3 ozs. Coarse Brown Sugar.
½ Egg.
¼-½ Teaspoon Almond Essence.
¼ Teaspoon Salt.
A few blanched Almonds, and Cherries.

METHOD:—Cream butter or margarine and sugar, add almond essence and beaten ½ egg, fold in flour and salt. Make into small balls, place on greased baking tin, pressing thumb in each ball to make dent for blanched almond or cherry. Bake in moderate oven for 20-25 minutes. Makes 14 or 15 cakes.

RASPBERRY BUNS

½ lb. PREWETT'S Wholemeal 100% Self-Raising.
2½ ozs. Castor Sugar.
4 ozs. Butter or Margarine.
Milk to mix.
Pinch of Salt.
Raspberry Jam.

METHOD:—Add the salt to the S.R. Wholemeal and rub the fat into the flour, add the sugar and mix to a stiff dough with the addition of milk. Flour a board and roll out the dough to about ¼in. thick. Take a fairly large cutter and cut into rounds. Place some raspberry jam in the centre of each, and fold the pastry enclosing the jam. Bake in a quick oven for about 15-20 minutes.

TARTS

9 ozs. 100% PREWETT'S Wholemeal Self-Raising Flour.
4 ozs. Butter or Margarine (warmed until soft).
3 Teaspoons of Sugar.
Just under a gill of water.

METHOD:—Rub in fat. Mix with water, roll out, divide into 2 pieces, one larger than the other for bottom of jam tart tin. Cover bottom with one of the following mixtures:—

(1). ¾ lb. cut up sweet apples and some cloves.

(2). ¾ lb. Packet of Sunmaid Raisins, washed, put through fine mincer with about 12 cloves, then add ½ teaspoon mixed spice and ½ teaspoon cinnamon. well mashed into the minced raisins, also grated lemon or orange rind if available.

(3). ½ lb. home-made Jam.

Cover with smaller piece of rolled out pastry, pinch edges together all round to prevent any juice escaping, prick well all over, lifting small circle back from centre of pastry cover to let out steam.

Place on fourth shelf from top in oven, Regulo 6, for 25 minutes, then turn tin back to front and cook another 25 minutes.

BISCUITS

FLAP JACKS

6 ozs. PREWETT'S Scotch Breakfast Oats.
3 ozs. Margarine.
1½ ozs. Moist Sugar.
Pinch Salt.
1½ ozs. Golden Syrup.

METHOD:—Melt Margarine, remove from heat, add sugar, syrup and salt mix well. Gradually stir in oats. Grease well and sprinkle with flour a flat square baking tin, and spread mixture evenly over the tin about ½in. thick. Bake in slow oven until golden brown and cut into fingers. Leave in tin for about 10 mins. and then ease round the sides with knife and turn out.

SHORTBREAD BISCUITS

¾ lb. PREWETT'S Wholemeal 100% Plain Flour.
6 ozs. Butter or Margarine.
3 ozs. Castor Sugar.
Yolk 1 Egg.
Pinch of Salt.

METHOD:—Rub the fat into the Wholemeal with the tips of the fingers, add castor sugar and knead into a stiff paste with yolk of egg. Flour the pastry board and roll out pastry to ¼in. thick. Cut out to the shape required and decorate with a piece of glace cherry. Bake in a moderate oven until lightly brown.

MILK BISCUITS

½ lb. PREWETT'S Wholemeal 100% Plain Flour.
¼ Teaspoonful Salt.
1 oz. Butter.
¼ Pint of Milk.

METHOD:—Mix the salt and Wholemeal together, and rub in the butter. Add the milk and mix to a paste. Dust the pastry board liberally with Wholemeal and roll out the paste very thinly. Cut into rounds with a pastry cutter and place in a greased tin. Prick thoroughly and bake in a moderate oven of 340°F. for 20 minutes.

PARKIN

7 ozs. PREWETT'S Millstone Flour.
4 ozs. PREWETT'S Oatmeal.
3 ozs. Margarine.
2 ozs. Sugar.
1 oz. Mixed Spice.
6 ozs. Treacle.
½ Teaspoon Bi-carb. Soda.
1 Teaspoon Milk.
Pinch Nutmeg.

METHOD:—Rub margarine into flour, add oatmeal, sugar and spice. Pour in treacle (warmed) and milk in which bi-carb. of soda has been dissolved. Form into about 15 balls. Lay on a greased tin, allowing space for spreading. Slightly flatten and brush with milk. Bake for about 15 minutes in a slow oven.

WHOLEMEAL BISCUITS

(Using PREWETT'S Scone Mix)

6 ozs. Scone Mix.
About ¼ teacup milk and water.
2 ozs. Butter or Margarine.
3 ozs. Sugar.
Pinch of Salt.
Vanilla Essence Flavouring.

METHOD:—Mix dry ingredients together and rub in fat. Add sufficient milk and water (in which a few drops of vanilla flavouring essence has been added) to make a stiff paste. Roll out thinly less than ¼in. thick, cut into rounds. Bake for about 25 minutes on a greased tin. Do not add too much water as the biscuits will run. Regulo No. 5, 375°.

CHRISTMAS PUDDING

(2 med. size Puddings)

½ lb. PREWETT'S Wholemeal 100% Plain Flour.
½ lb. PREWETT'S Wholemeal Bread Crumbs.
½ lb. Shredded Suet (or Suenut).
½ lb. Orange Marmalade.
1 small teaspoonful of Salt.
¼ teaspoonful Cinnamon (Ground).
¼ teaspoonful Ginger (Ground).
2 oz. Ground Almonds (Optional).
1 Lemon.
½ lb. Raisins. ½ lb. Sultanas. ½ lb. Currants.
½ lb. Mixed Peels.
½ lb. Demerera Sugar.
1 dessertspoonful of Baking Powder.
½ pint of Milk and 3 Eggs.

METHOD:—Mix all dry ingredients together, then add Marmalade, and eggs (beaten) with milk. Place in greased basins, and cover with a piece of greaseproof paper—then tie with pudding cloth in usual manner. Boil slowly for approx. 10 hours.

JELLIED NUTMEAT PIE

Make crust as follows:

6 ozs. PREWETT'S Wholemeal Flour.
3 ozs. Fat.
A little Water.

METHOD:—Rub fat into flour. Mix to a dry paste with water. Roll out thinly less than ¼in. Take a pie tin, grease well and line bottom with crust and round sides. Take some savoury brawn and fill pie dish generously. Cover remainder with crust. Make small hole in centre of pie to allow steam to escape. Brush top with milk or egg. Bake in quick oven until crisp and brown. Bake for about 20-30 minutes.

CAULIFLOWER AU GRATIN

1 Cauliflower.
Cheese Sauce (see Cheese Sauce recipe).
Brown Bread Crumbs.

METHOD:—Cook Cauliflower, pour sauce over same and sprinkle with breadcrumbs. Place in moderate oven until brown.

CHEESE SAUCE

2 Tablespoonfuls of PREWETT'S Wholemeal 100% Plain Flour.
3 ozs. Cheese.
½ pint of Milk or Stock.
1 oz. Margarine.
Pinch of Salt.

METHOD:—Melt Margarine with a little mustard. Add flour and mix to paste, gradually add milk or stock and cheese. Put over low heat and stir until thick.

WHOLEMEAL GRAVY SAUCE

2 Tablespoonfuls of PREWETT'S Wholemeal 100% Plain Flour.
½ pint of Vegetable Stock.
Pinch of Salt.

METHOD:—Bring the stock to the boil. Add a little of it to the flour in basin and mix to smooth paste. Add remainder of stock, pour into saucepan and stir over a low heat for four to five minutes.

PREWETT'S PORRIDGE WHEATMEAL

BREAKFAST PORRIDGE

1 Breakfastcupful of PREWETT'S Compost Porridge Wheatmeal.
1½ Breakfastcupfuls of Water.
Salt to taste.

METHOD:—Place the above in a saucepan, bring to the boil and then cook for 10 to 15 minutes stirring all the time.

MUESLI

1 Small Teacupful of PREWETT'S Compost Porridge Wheatmeal.
1 Teaspoonful of Honey.
1 Grated Apple.
Few Sultanas.

METHOD:—Put the Porridge Wheatmeal in dessert plate, add honey, grated apple and sultanas, mix together. Leave overnight and in the morning add the top of the milk and brown sugar to taste.

PREWETT'S SCOTCH BREAKFAST OATS & OATMEAL

BREAKFAST OATS

1 Breakfastcupful of PREWETT'S Oats.
2 Breakfastcupfuls of Tepid Water.
Salt to taste.

METHOD:—Put water in saucepan, pour oats on top of water. Bring to the boil for 5 mins.

SCOTCH PORRIDGE

1 Cup PREWETT'S Oatmeal.
6 Cups Water.
2 Teaspoons Salt.

METHOD:—Mix oatmeal with two cups water, when mixed stir oatmeal into remaining 4 cups water, which should be nearly boiling. Keep stirring until boiling. Boil for 30-40 minutes. Add salt before serving. It is better to leave Oatmeal to soak overnight.

Most of the recipes in this booklet have been kindly given by users of our flour and we are always open to receive fresh recipes.

PREWETT'S

Scotch Breakfast Oats

Packed in 1¾ lb. Bags.

Prewett's Oats are made from the choicest and most nourishing Oats procurable and are unsurpassed for Quality and Flavour.

PREWETT'S

Scotch Oatmeal

STONE GROUND

Packed in 1 lb. Bags.

Milled either Coarse, Medium or Fine from the Best Scotch Oats obtainable.

Recipes in this booklet are equally suitable for any one of the three Grades, whichever is preferred.

PREWETT'S

Porridge Wheatmeal

Packed in 2 lb. Bags.

Made from the finest Organically Grown Wheats (compost). This Porridge Wheatmeal contains all the goodness and nourishment found in the whole wheat berry. We add nothing and take nothing away, it is in fact, honest unadulterated food, of the very highest quality and nutritious value. You will find it easy to prepare, both nourishing and sustaining, with that nutty flavour characteristic of whole wheat products. If you try a bag now, we are confident that you will re-order when this has been used. This product is produced under the same high standard of purity and cleanliness as our flours and meals and other speciality products.

PREWETT'S

Desiccated Yeast

Packed in 1 oz. Packets

A strongly fermentable Pure Cultured Yeast suitable for making excellent Bread and all fermented goods. For best results Desiccated Yeast should be reconstituted by adding it to a small quantity of water and leaving overnight.

1 oz. Packet Desiccated Yeast is sufficient for 6 lbs. Flour.

PREWETT'S

Rye Meal

Packed in 1 lb. Bags.

A Whole Cereal product, milled from the choicest English Rye. A recipe is given in this booklet for Rye Bread. Rye Meal can, however, be added to the other Bread Recipes given, at the rate of $\frac{1}{4}$ Ryemeal $\frac{3}{4}$ Flour.

PREWETT'S

Scone Mix

Packed in 2 lb. Bags.

Made from Prewett's Compost Wholemeal Compost Millstone Flour, Milk Powder, Soya Flour and Malt Extract. The recipes are easy to follow and very appetising Scones, Yeastless Bread and Biscuits can be made from this excellent product with the least possible time and trouble.

PREWETT'S

Compost Wheatmeal Biscuits

WHOLEMEAL SWEET. This biscuit is made from Stoneground Compost 100% Wholemeal Flour, vegetarian fats, glucose, syrup and Barbados sugar.

WHOLEMEAL UNSWEET. A delicious biscuit either when eaten plain or with cheese and butter. Containing Stoneground Compost 100% Wholemeal, vegetarian fats, and malt extract.

WHOLEMEAL COOKIES. A new and delicious biscuit made from Stoneground Compost 100% Wholemeal Flour, honey, vegetarian fats and Barbados sugar.

GINGER NUTS. A very crisp biscuit with distinctive flavour. Made from Stoneground Compost 100% Wholemeal, syrup, vegetarian fats, Barbados sugar, and ground ginger.

These biscuits are guaranteed not to contain any artificial preservatives or colouring matter.

9548

GOOD REASONS WHY YOU SHOULD USE

PREWETT'S

Old English

SPECIALITY PRODUCTS

They are milled from the best English and Empire wheats.
They are stone ground.
Therefore they retain the Germ of the wheat.
They have the Vitamins for life and growth.
They possess the mineral salts and phosphates for bone and teeth.
They embody the protein for muscle and carbohydrates for energy.
They are not bleached or chemically treated.
They are therefore most wholesome and nourishing.
They also have an attractive flavour.

Vitamin Contents Present

MILLSTONE FLOUR 81%.
Vitamin B1—1.20 micrograms per gram.
Vitamin B2—.68 micrograms per gram.

FINE WHEATMEAL 95%.
Vitamin B1—1.30 micrograms per gram.
Vitamin B2—.90 micrograms per gram.

WHOLEMEAL 100%.
Vitamin B1—1.30 micrograms per gram.
Vitamin B2—.90 micrograms per gram.

Vitamin & Mineral Contents Present in ENRICHED WHOLEMEAL 100%

Vitamin B1—2.57 micrograms per gram.
Vitamin B2—1.28 micrograms per gram.
Vitamin E—9.6 micrograms per gram.
Iron—1.25 parts per million.
Manganese—46.7 parts per million.
Phosphorus—.81%.
Calcium—.041%.
Oil—2.02%.
Flurine—Less than 1 part per million.

STORAGE

Speciality Flours, Porridge Wheatmeal and Desiccated Yeast should be kept in a cool, dry place, under which conditions they will keep for 2/3 months.
Do not keep in a refrigerator.